

First Steps @ The University of Nottingham & Nottingham Trent University

EATING DISORDERS IN STUDENTS SERVICE

Mild-Moderate Eating Difficulties

Who is this service for?

EDISS is available to students who struggle with **mild-moderate** eating difficulties.

Please note you DO NOT have to have an eating disorder diagnosis to access our service.



What can EDISS offer me?

- 8 sessions peer support
- 6 sessions counselling
- Self-Help Recovery Group
- Weekly drop-in support
- Online Email Befriending



Where can I get support?

Tuesday 4pm—7pm—weekly drop-in clinic at NTU Brackenhurst Campus, Pippin Cottage, Room 8

Wednesday 10am—5pm —weekly drop-in clinic at Cripps Health Centre, Meeting Room, University Park

Thursday 4pm—7pm—weekly 1:1 drop-in clinic at Newton Building, NTU City, Consultation Room 9

Friday 9am—4pm—weekly drop-in clinic at Clifton Campus, Student Services Reception

No booking needed at drop-in clinics but if you want to book an appointment, please contact:

info@firststepsnotts.co.uk

Mob: 07949 579 661

www.youtube.com/firststepsd



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